

Mindfully Attending to Panic Thoughts

Date and Time	Panic Thought	Was I able to label panic thought? (Y/N)	Was I able to redirect my attention back to current moment? (Y/N)

Self-Compassion Slogan Practice

Date and Time	Description of Panicky Moment	Self-Compassion Slogan Used	Level of Self-Compassion (0-10)

Discomfort vs. Anxiety

Date and Time	Description of Sensation	Discomfort Level (1-10)	Anxiety Level (1-10)

Interoceptive Exposure Practice Log

Date and Time	Interoceptive Exercise	Discomfort Rating (0-10)	Anxiety Rating (0-10)

Slow Breathing Practice Log

Day and Time	Situation (Where am I and what am I doing?)	Before Slow Breathing Anxiety Level (1-10)	After Slow Breathing Anxiety Level (1-10)